

Abstract

The present invention provides an efficient extraction method of Maca extract having safe anti-allergic effects enabling long-term 5 intake, and a food and beverage product, a perfumery and a cosmetic as well as a pharmaceutical preparation comprising thus obtained Maca extract showing anti-allergic effect.

In the provided extraction method of Maca extract, the temperature of extracting solution is from 20°C to 75°C when Maca 10 extract is extracted by adding aqueous solution containing ethanol being ethanol concentration of from 20 to 100 by volume%.